2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt

and with them it is possibly a racial mark, but the following information was given to me by an Egyptian woman whom I questioned on the subject. Among the *fellāḥīn* the notches are cut when there is supposed to be something wrong with the inside of a child's mouth, and the operation is performed in babyhood. A midwife acts as the surgeon in such cases. She cuts the notch, or notches, with a pair of scissors, and the blood from the wound is rubbed on the roof of the child's mouth. If the mouth is very bad more than one notch is cut.

Long hair is certainly considered a woman's glory in Egypt, though I have rarely, if ever, seen really thick, long hair among the *fellāḥīn* women and girls. However, this defect is easily remedied, and every woman buys long plaits of false hair, which hang down far below her waist. She cuts her hair short on either side of her face, and forms this short hair into flat curls against her cheeks. Over her head she ties a silk or cotton kerchief, a brightly coloured one if she is young, a more sombre one if she has passed her youth, and this keeps the side curls in position. The hair is not dressed every day, but when it is done a double wooden comb is used (Fig. 26), with fine and coarse teeth. The centre of the comb is usually decorated with coloured designs.

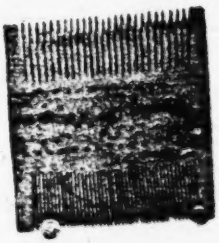

FIG. 26. DOUBLE WOODEN COMB

The long plaits worn by the peasant women are utilitarian as well as decorative. The house-door key is often attached to one of the plaits when the housewife goes off either to shop or to the fields, while from the others hang various charms, some of which are enclosed in small leather cases. One woman I know wore a charm against headache enclosed in a leather case, and also a large opaque bead to keep her husband's love and to make his mother pleased with her. Both these charms were attached to one of her plaits, and she gave me the bead after her husband died.

When a woman becomes a widow she immediately conceals the side curls; in fact, no hair must be seen round her face—it is tucked away under a dark blue or a black kerchief. She wears it like this all her life, unless she remarries, in which case the curls

2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt

AGRICULTURE AND HARVEST RITES

In some parts of Upper Egypt the following customs are observed in connexion with the cultivation of *dura* (maize) only. A *dura*-field is irrigated by means of a water-wheel or a *shādūf* ten times, and when the water has been conveyed to the fields for the last time the owner, or one of his family, brings to the field *faṭīr* (a kind of sweet pastry), or *kunāfeh* (fine macaroni), or *rashteh* (macaroni cooked in milk). He then stands on one of the pillars of the water-wheel or *shādūf* and cries to his neighbours in the field, "Come and eat," firing his gun at the same time. Such firing takes place regularly at weddings, or on any joyous occasion. After the food has been eaten the owner of the field plucks some of the heads of the *dura*-plants and places them on one of the empty food plates. This he presents to whichever member of his family brought the food. He then returns to the field and plucks four heads of *dura*, which are fastened on the foreheads of the two oxen or buffaloes which worked the water-wheel. The animals are then driven home, and all who see them will know by the heads of *dura* decorating their foreheads that the irrigation of their owner's field of *dura* is finished.

FIG. 101. A SICKLE

When a *shādūf* is used for raising the water the owner plucks a head of *dura* for each *shādūf* that has been used for irrigating his field. The *dura* is attached to the arms (or levers) of the *shawādīf* which, like the cattle, are brought home thus decorated with the maize.

The last time of irrigating a field of *dura* is called *el-fiṭāmeh*, which means the act of weaning. The same name is given to the last occasion on which a mother suckles her child.

In many of the provinces of Upper Egypt, when the *dura* or wheat or barley has been threshed the heaps of grain are left standing on the threshing-floor all night. But before sunset, when the work is completed, the owner of the grain brings some food to the

2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt

FIG. 104. CARRYING AWAY THE STRAW

believe, it will satisfy the *'afārīt*, who will eat some of the food thus placed for them. If the owner neglected to do this the *'afārīt* would take some of the grain.

This custom, as well as that mentioned before, of placing bread among the heaps of winnowed grain suggests a belief, at some period, in a corn-goddess, to whom offerings had to be made. So far as I have yet discovered there is no trace of such a belief left in the minds of the peasants, but these ceremonies certainly suggest the possibility of an earlier belief in some fertility or earth-goddess, and the name given to the last time of irrigating a field (i.e., *el-fiṭāmeh*) bears out this idea.

FIG. 105. HARVESTING-FORK

[Text continues on p. 180]

2: Blackman E-5 (1920-1926) 1927
MR13 Fellahin MR13
Upper Egypt
Ancient Egypt MR5

be noted in this connexion that the determinatives of the ancient Egyptian word *hmt*, the 'fee' paid to a ferryman, are those regularly affixed to words signifying foodstuffs—*i.e.*, an oval roll of bread above the three plural strokes, or a conical loaf and a jar of beer above a circular loaf.[1]

The wooden fork used nowadays on the threshing-floor and for winnowing (p. 173 and Fig. 105) is exactly like the ancient one (Fig. 185). Also much the same sort of iron sickle as the modern one (p. 173, Fig. 101) was already in use in the Roman period

FIG. 185. ANCIENT HARVESTING-FORKS
After W. Wreszinski, *op. cit.*, Pl. 234.

(Fig. 186). At an earlier date the sickle consisted of a wooden body, in shape closely resembling the lower jawbone of an ox, in which flint teeth were inserted (Fig. 173).[2]

It is only necessary to read that part of chapter xiv in A. Erman and H. Ranke's *Aegypten und aegyptisches Leben im Altertum*[3] which deals with medical knowledge to see how nearly ancient and modern prescriptions and magico-medical cures are alike. Appended comments such as "Tried and true" (p. 207) find close parallels in the famous *Papyrus Ebers*.[4] In ancient as in modern times the 'physician' wrote out spells commanding a disease to depart,[5] and both adults and children were cured of sickness, or protected against both it and ghostly malice, by means of written charms

[1] See A. H. Gardiner, *Egyptian Grammar* (Oxford, 1927), pp. 515 f.
[2] See W. M. F. Petrie, *Kahun, Gurob, and Hawara* (London, 1890), p. 29; *Illahun, Kahun, and Gurob* (London, 1891), pp. 53 ff.
[3] Pp. 409 ff.; see also A. Erman, *Life in Ancient Egypt*, pp. 357 ff.
[4] A. Erman, *op. cit.*, p. 359.
[5] *Ibid.*, p. 356.

132 He is exposed to the elements at a mean temperature
461 of 80°F in summer and 53°F in winter; he works barefoot and bare-headed. His labour is all muscular, and apart from his hands he uses only a few primitive implements, which, however, owing to the quality of the Egyptian soil and the multitude of manual labourers, are quite adequate.

PREPARATION OF THE SOIL

● 412 He uses the *fass* with great dexterity for a hundred different tasks, to turn and break the clods of earth, to dig furrows and till the land. The *fass* is a big tool, like a hoe, but heavy and solid. Its front part being fairly wide, it also serves as a spade. Even the poorest of labourers owns a *fass*; it is an indispensable addition to his own strong arm.

407 It may be said that every field in Egypt is tilled by hand,
[492] even when the fellah works with a plough, for the Egyptian plough is more of a tool than a machine, though it weighs 100 lb., and is carried to and from the field on donkey-back.

This is *el mihrat*, the Arab plough without wheels or breast, which is found in Palestine, in Syria and throughout North Africa. It consists of a wooden frame tipped with a flat, ogival share about 10 ins. long, and a shaft about 11 feet long, to which the draught animals are attached by a straight yoke pressing not on the forehead, as in Europe, but on the
231 withers. The draught-animals may be two *gamoossas*,
241 the smallholder's *gamoossa* and a donkey, or two animals hired for the occasion — sometimes even a camel and a donkey together.

241 The ploughman drives the share in by pressing on the
461 single handle, and guides the animals as they move by hand and voice, without as a rule using either bridle or whip. In this way he can till from one third to half a feddan a day. If he is an owner his beasts will be better fed, and he will be able to till as much as three quarters of a feddan in a day. The time employed in ploughing a field is from ten to twenty-five days a year. Except in the districts under basin irrigation this work can be carried on at any season.

407 In the concluding chapter of their study of Egyptian
241 ploughing[20] Audebeau and Mosseri write: 'The Egyptian plough is the typical implement of areas where it is only necessary to scratch the surface in order to bury the seed

norag. This is a heavy wooden seat, supported on a rough chassis and moving on three axles armed with eleven solid sharp-edged discs for breaking up the straw. The driver sits in the chair and guides the *gamoossa* round in a circle over the ears so that the discs chop them up, while another worker throws fresh stalks under the machine. The *norag*, which is peculiar to Egypt, costs about L.E. 8. An even simpler variety without the cutting discs averages L.E. 3.

Winnowing is done, as in most Mediterranean countries, by throwing the chaff which contains the corn into the air in the direction of the wind, after it has been trampled and chopped up For this the fellaheen use a two- or four-pronged wooden fork, called a *garuf*. With one *norag* and several *garufs* they can deal with the produce of about 25 feddans.

Last of all the grain is sifted in large sieves by the women and put into sacks, jars or baskets, ready for sale.

D. Berseem

In summer cattle are fed either on chopped straw mixed with beans, or on barley ; but in winter they live on *berseem*, an Egyptian species of clover (*trifolium alexandrinum*). *Berseem* is cultivated everywhere and covers a fifth of the total acreage, for it nourishes the ground as well as the cattle by absorbing the nitrogen from the air into the soil. It provides excellent forage, grows quickly and brings good returns for a minimum of work. The fellaheen sow it between September and November, often after maize, cotton or rice, and before taking away the old stalks which serve to protect the seedlings. After fifty days or so it is ready for a first cutting, followed by four more at intervals of 35 days; the cattle graze on it as it grows Two thirds of a feddan will feed a *gamoossa*, or a quarter of a feddan a donkey, for one season.

E. Other Food Crops

There are a number of other foodstuffs which are produced by the fellah's labour from the soil of Egypt. It will suffice to mention the most important.

Rice was brought from India under the Caliphs, and is cultivated in the well-watered regions of Damietta and the Northern Delta.

262 which the fellaheen enjoy immensely. Beans (*fûl*) are the
252 national dish. Then there are little marrows (*kûsa*), and finally lentils and rice, which are often mixed, one part to two, to make *kushri*. This is their most effective concoction.

262 For dessert, when they have the opportunity, they eat
264 dates, or bite huge mouthfuls out of slices of water-melon. They may also chew sugar cane, or gnaw maize roasted on the cob.

Place and season afford a certain variety, but there is no wide choice at any one time. The common meal always consists of one dish, to which is often added a piece of *mish*, a coarse, sour kind of cream cheese, made of goat's or *gamoos-sa's* milk preserved in salt water, which is eaten from one end of Egypt to the other.

[263] For flavouring the fellaheen use crude salt from Damietta, and a kind of treacle made by boiling sugar-cane juice. They rarely put manufactured salt or sugar in their ordinary food. On the occasion of a wedding, circumcision, or *mûlid*, they buy plain cakes and red or green sweets, which they find as toothsome as their children do.

262 The staple food of the fellah is his maize bread (*bettai*).
146 This provides 80% of the calories in his diet, and half the proteins. A grown man will eat three pounds of it a day. It has been calculated that this wholemeal bread contains six times more magnesium than normal baker's bread(41).

252 The grains of maize are not pounded in a mortar, as
412 millet is by the black peoples of Africa, but ground between two millstones, after the manner used throughout the Near East.

412 This primitive mill, found also in Morocco, consists of
462 two large flat stone wheels about two feet wide and three
252 inches thick. The one on the ground is fixed, while the upper one turns on a pivot. It is pierced with a central eyelet, into which the grain to be ground is poured. A wooden pin set upright in a hole near the edge of the moveable wheel serves as a turning handle. This grinding, like the other processes of breadmaking, is done by the womenfolk.

252 The flour, with the addition of a little fenugreek (*helba*), millet, corn or beans, is kneaded on a piece of wood into round, flat cakes, about ten inches across. This dough, cooked in the household oven, produces a golden brown bread with a very pleasant taste, made of two soft crusts